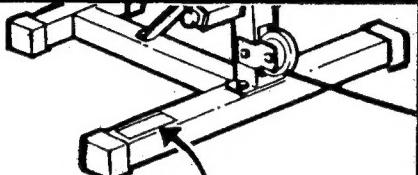


# FLEX EZ3

## 1172

MODEL NO. 1172  
SERIAL NO.

Write the serial number in the space above for reference.



SERIAL NUMBER DECAL

### **WAIT, READ THIS FIRST!**

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

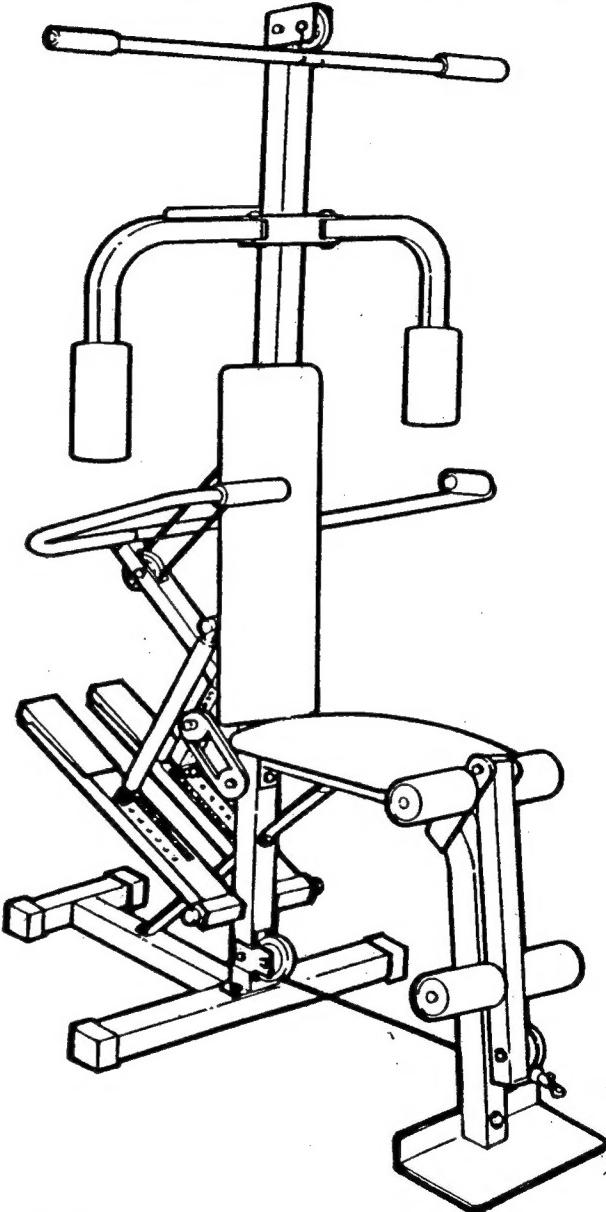
The ASSEMBLY MANUAL  
MODEL NUMBER of this UNIT  
PART NAME or DESCRIPTION  
ORDERING NUMBER  
THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

**weider.**  
**OWNER'S MANUAL**

MADE IN CANADA



WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Check the tension of the linking cable and adjust out excessive slack if it occurs. Do not overtighten as this cable does not need to be drum tight.
6. Keep small children away from this equipment during use.

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health

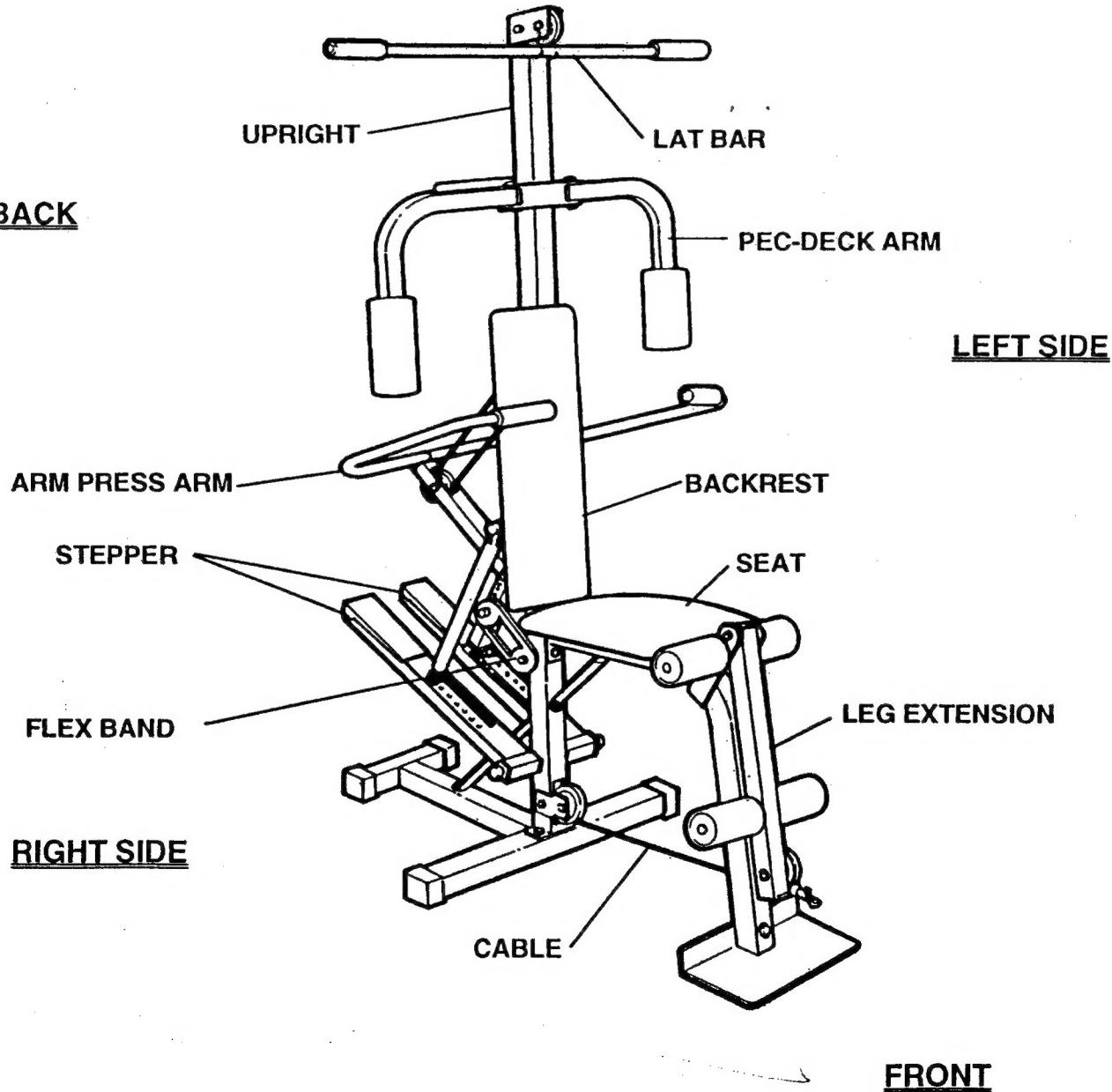
**SAVE THESE INSTRUCTIONS**

## INTRODUCTION

Thank you for choosing the Weider FLEX EZ3 HOME GYM. Your Home Gym is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

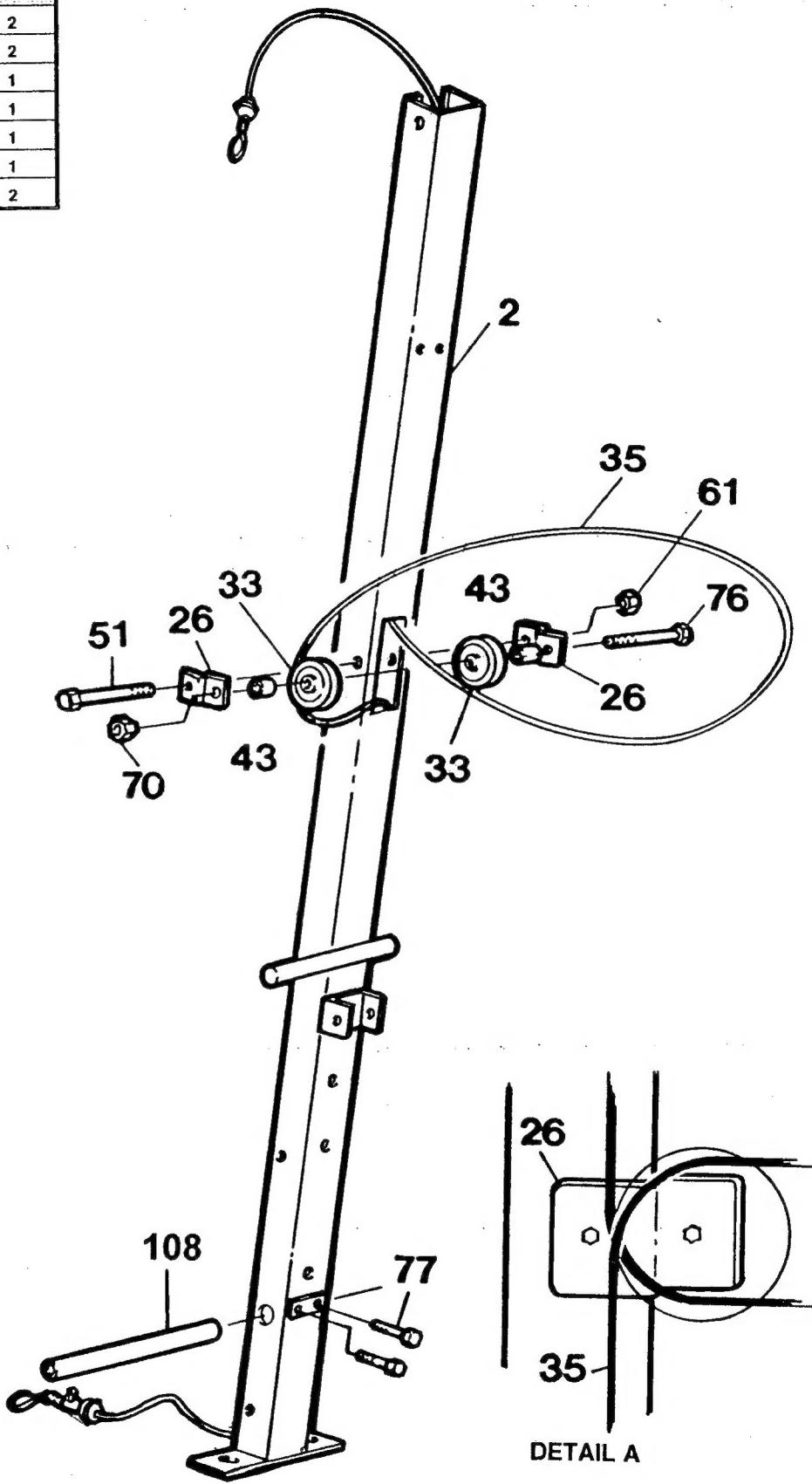
Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



## PRE-ASSEMBLY OF PULLEYS & CABLES

PART NAME	QTY
33 2 7/8" STANDARD PULLEY	2
43 11/16" BUSHING	2
51 5/16" X 2 3/4" HEX HEAD BOLT	1
61 5/16" NYLON LOCK NUT	1
70 3/8" NYLON LOCK NUT	1
76 3/8" X 2 1/4" HEX HEAD BOLT	1
77 5/16" X 1" HEX HEAD BOLT	2

- Begin by inserting the STEPPER PEDAL PIVOT TUBE (108) into the hole locations at the base of the UPRIGHT (2). Secure tightly using two 5/16" X 1" HEX HEAD BOLTS (77).
- The CABLE (35) must be routed through the UPRIGHT (2) first before any of the assembly is made.
- The CABLE (35) has two differently assembled ends. One end has a looped end and a Rubber Ball Stop. The opposite end has a looped end, an adjustment Bushing with a small Hex Head Bolt, and a Rubber Ball Stop.
- Start with the end of the Cable that has the looped end, adjustment Bushing, and Rubber Ball Stop. Go all the way to the top of the UPRIGHT (2) and feed this Cable end down the Upright to the large square open hole in the back of the Upright. Pull some of the Cable out the hole. Leave a couple of feet of Cable hanging out the top end for assembly later.
- Going down to the open square hole in the back and middle of the Upright, pull all of the remaining Cable out. Check the Cable. The Cable must feed down in front of the Bolt that will be used to assemble the CRIMPED BRACKET (26). (SEE DETAIL A)
- Place a CRIMPED BRACKET (26) onto each side of the UPRIGHT (2) by the square open hole making sure the bracket is placed so that the bracket bends are in toward the center of the Upright tube. Bolt into place using a 5/16" X 2 3/4" HEX HEAD BOLT (51) and 5/16" NYLON LOCK NUT (61).



- Into the inside of the CRIMPED BRACKET (26), place a 11/16" BUSHING (43), two 2 7/8" STANDARD PULLEYS (33) side by side, and another 11/16" BUSHING (43). Bolt into place using a 3/8" X 2 1/4" HEX HEAD BOLT (76) and a 3/8" NYLON LOCK NUT (70). (SEE DETAIL B & C)

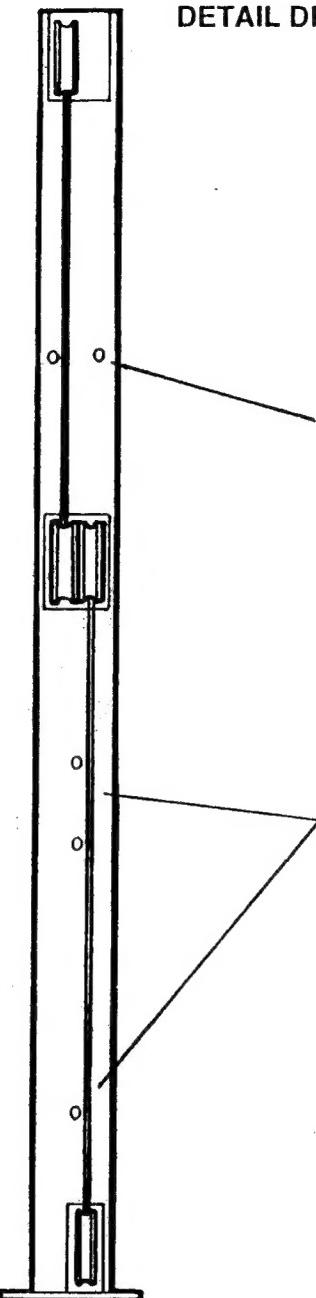
- Facing the back of the Upright, (side with the square open hole), select the Pulley to the right and run the Cable under this Pulley.

- Bring the Cable back approximately 3 feet to leave for a later assembly into the Lever Arm.

- Take the Cable back to the two Pulleys but this time select the Pulley to your left and run the Cable over the top of the Pulley and down into the square hole all the way to the bottom of the Upright tube.

- The Cable probably will not remain on the two Pulleys through the rest of the assembly but do not get concerned, they can be corrected later as the Cable assembly is completed.

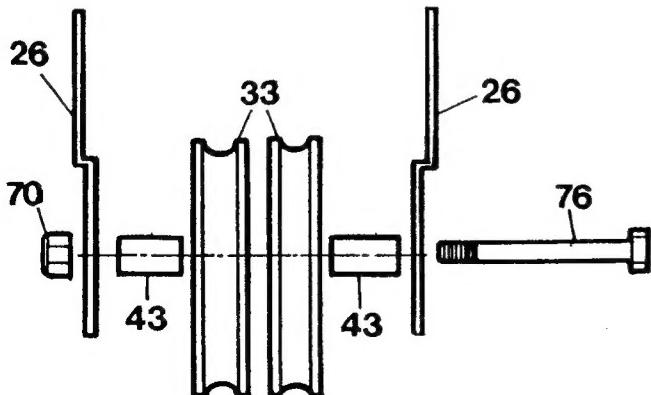
### DETAIL DRAWING FROM THE FRONT OF THE UPRIGHT



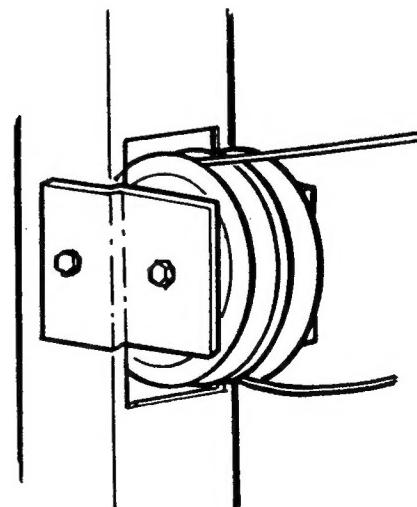
WHEN ASSEMBLIES OF THE PEC-DECK BRACKETS, SEAT FRAME, AND BRACES ARE MADE, REFER TO THIS DRAWING. THE CABLE MUST BE POSITIONED CORRECTLY SO THAT THE CABLE WILL NOT BE DAMAGED.

THE CABLE MUST RUN BETWEEN THE BOLTS THAT ASSEMBLE THE PEC-DECK BRACKETS

THE CABLE MUST RUN TO THE RIGHT OF THE SEAT FRAME AND THE SEAT BRACE BOLTS



DETAIL B

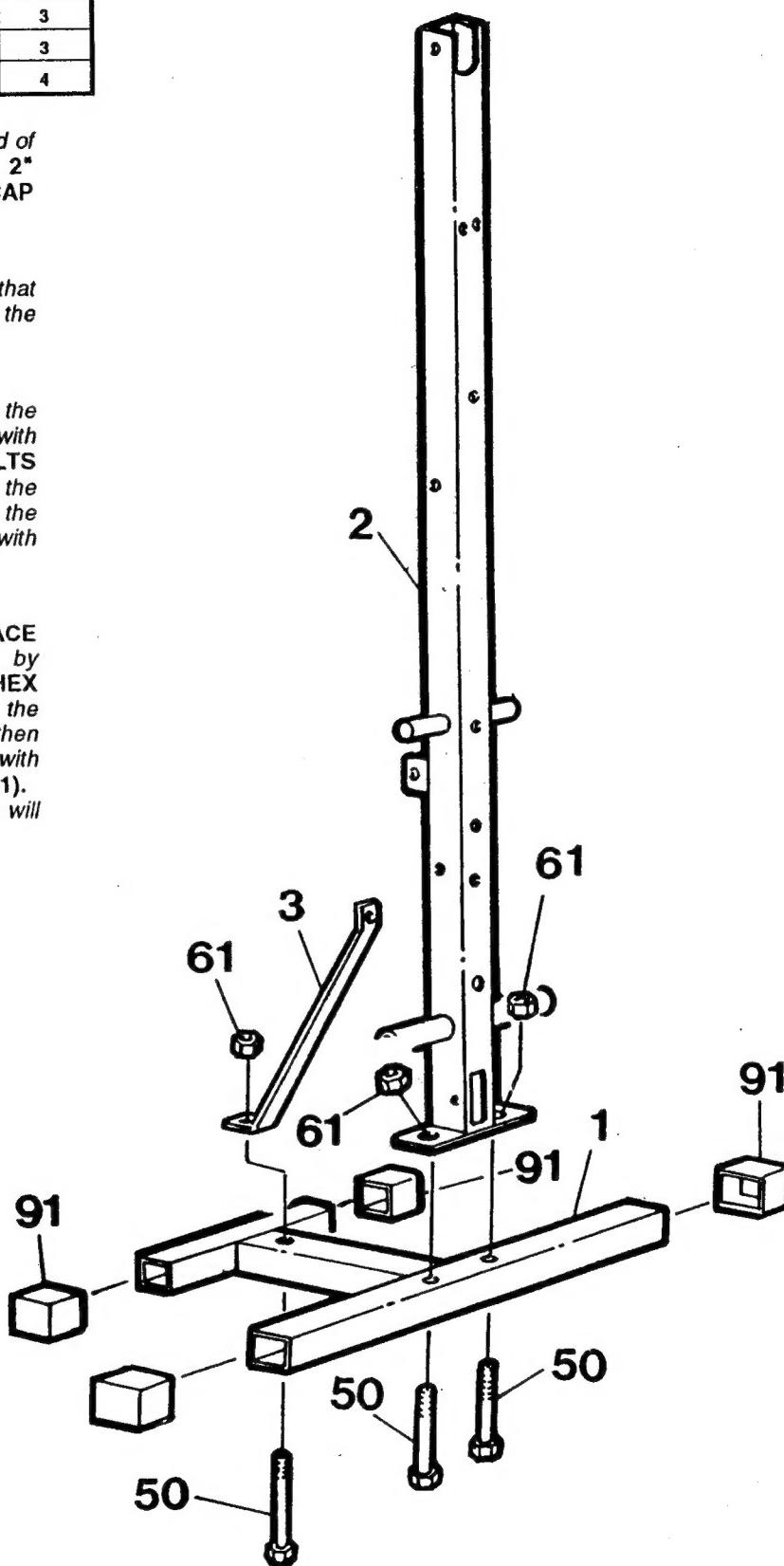


DETAIL C

**STEP 1 BASE FRAME ASSEMBLY**

PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	3
61 5/16" NYLON LOCK NUT	3
91 2" SQUARE PLASTIC COVER CAP	4

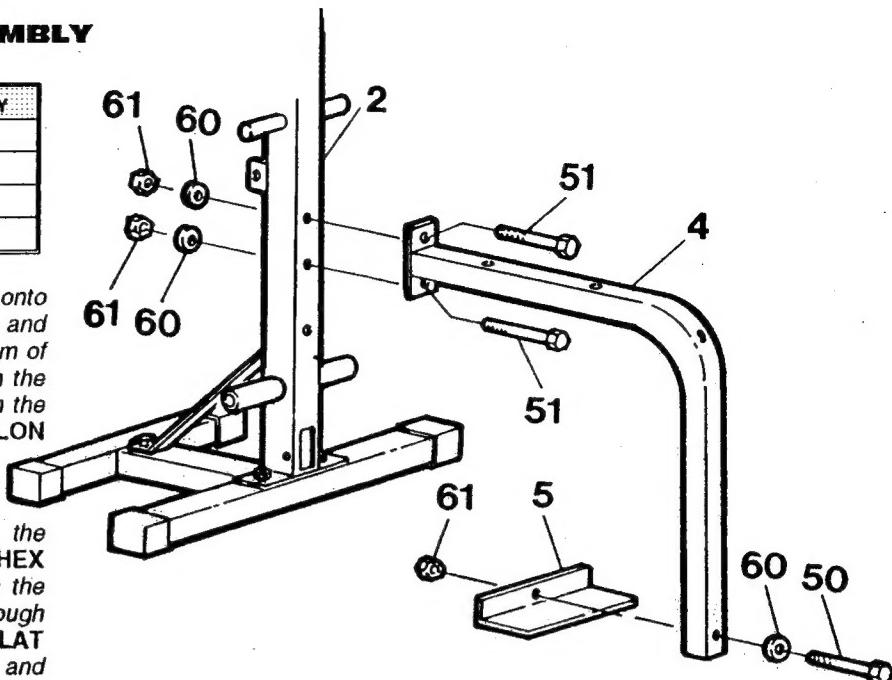
- Begin by capping each tubing end of the BASE FRAME (1) with 2" SQUARE PLASTIC COVER CAP (91).
- Orient the BASE FRAME (1) so that the dimpled-in holes are faced to the floor.
- Assemble the UPRIGHT (2) to the BASE FRAME (1) by bolting with 5/16" X 2 1/2" HEX HEAD BOLTS (50) up through the bottom of the Base Frame and then through the brackets of the Upright. Secure with 5/16" NYLON LOCK NUTS (61).
- Attach one end of the REAR BRACE (3) to the BASE FRAME (1) by bolting with a 5/16" X 2 1/2" HEX HEAD BOLT (50) up through the bottom of the Base Frame and then through the Rear Brace. Secure with a 5/16" NYLON LOCK NUT (61). The other end of the Rear Brace will be assembled in a later step.



**STEP 2 SEAT FRAME ASSEMBLY**

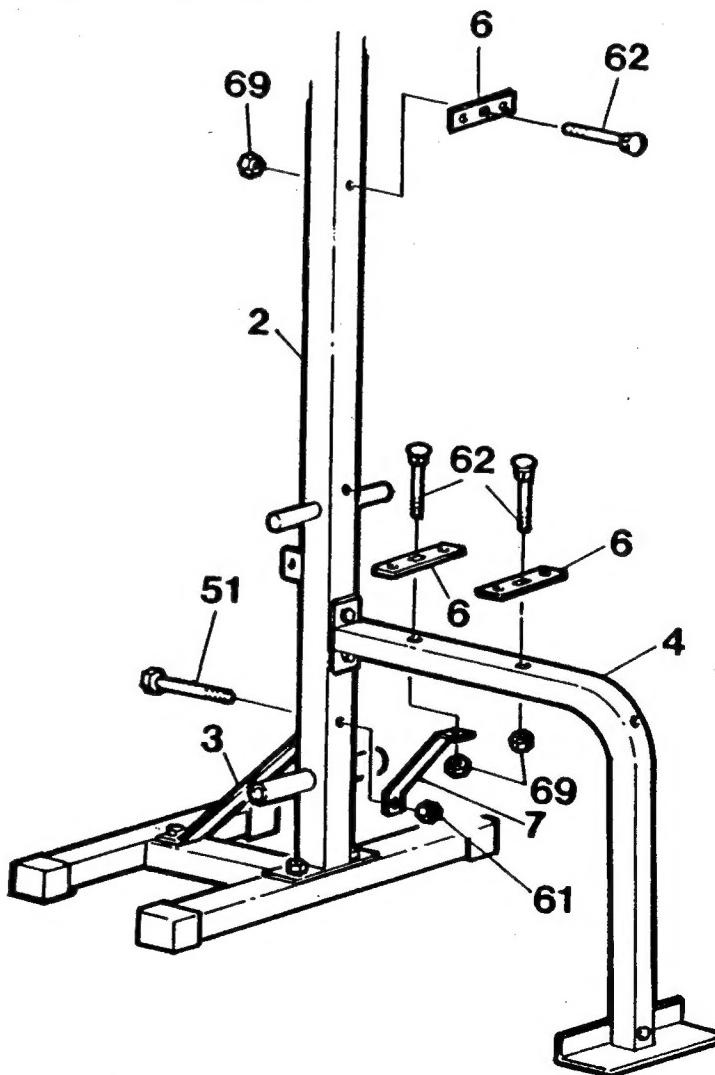
PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	1
51 5/16" X 2 3/4" HEX HEAD BOLT	2
60 5/16" FLAT WASHER	3
61 5/16" NYLON LOCK NUT	3

- Assemble a 5/16" FLAT WASHER (60) onto a 5/16" X 2 1/2" HEX HEAD BOLT (50) and attach the BASE PLATE (5) to the bottom of the SEAT FRAME (4) by bolting through the front of the Seat Frame and then through the Base Plate. Secure with a 5/16" NYLON LOCK NUT (61).
- Assemble the SEAT FRAME (4) to the UPRIGHT (2) using 5/16" X 2 3/4" HEX HEAD BOLTS (51) and bolting through the bracket of the Seat Frame and then through the Upright. Assemble 5/16" FLAT WASHERS (60) onto the bolt ends and secure with 5/16" NYLON LOCK NUTS (61).

**STEP 3 MOUNTING PLATE & SEAT BRACE ASSEMBLY**

PART NAME	QTY
51 5/16" X 2 3/4" HEX HEAD BOLT	1
61 5/16" NYLON LOCK NUT	1
62 1/4" X 2 1/2" CARRIAGE BOLT	3
69 1/4" NYLON LOCK NUT	3

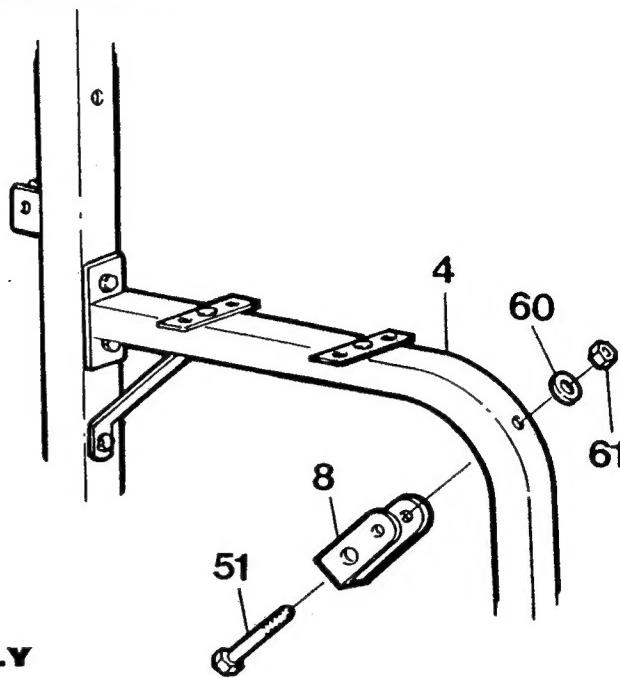
- Attach a MOUNTING PLATE (6) and the SEAT BRACE (7) to the SEAT FRAME (4) by bolting with a 1/4" X 2 1/2" CARRIAGE BOLT (62) down through the Mounting Plate, then through the top of the Seat Frame, and finally through one end of the Seat Brace. Fasten with a 1/4" NYLON LOCK NUT (69).
- Assemble the other end of the SEAT BRACE (7) and the unassembled end of the REAR BRACE (3) to the UPRIGHT (2) by bolting with a 5/16" X 2 3/4" HEX HEAD BOLT (51) through the REAR BRACE (3), then through the back of the Upright, and finally through the SEAT BRACE (7). Secure with a 5/16" NYLON LOCK NUT (61).
- Assemble a MOUNTING PLATE (6) to the front of the SEAT FRAME (4) using a 1/4" X 2 1/2" CARRIAGE BOLT (62) and bolting through the Mounting Plate and then through the top of the SEAT FRAME (4). Secure with a 1/4" NYLON LOCK NUT (69).
- Attach a MOUNTING PLATE (6) to the UPRIGHT (2) using a 1/4" X 2 1/2" CARRIAGE BOLT (62) to bolt through the Mounting Plate and then the Upright. Secure with a 1/4" NYLON LOCK NUT (69).



## STEP 4 LEG EXTENSION BRACKET ASSEMBLY

PART NAME	QTY
51 5/16" X 2 3/4" HEX HEAD BOLT	1
60 5/16" FLAT WASHER	1
61 5/16" NYLON LOCK NUT	1

- Attach the LEG EXTENSION BRACKET (8) to the SEAT FRAME (4) by assembling the Bracket from behind and around the Seat Frame, trapping the Seat Frame between the Bracket.
- Attach the Bracket using a 5/16" X 2 3/4" HEX HEAD BOLT (51) and bolting through the Bracket and then through the back of the Seat Frame. Assemble a 5/16" FLAT WASHER (60) onto the bolt and fasten with a 5/16" NYLON LOCK NUT (61).



## STEP 5 LEG EXTENSION ASSEMBLY

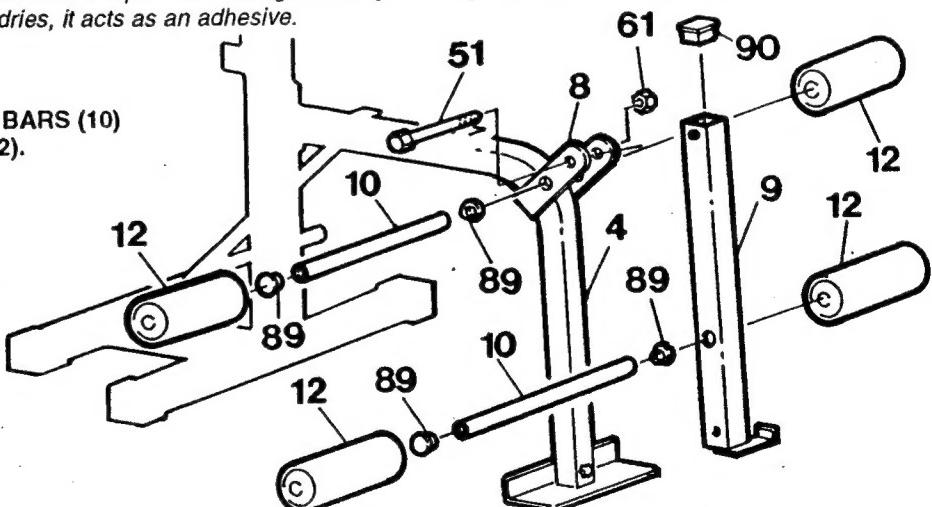
PART NAME	QTY
51 5/16" X 2 3/4" HEX HEAD BOLT	1
61 5/16" NYLON LOCK NUT	1
89 3/4" ROUND PLASTIC INSERT CAP	4
90 1 3/4" SQUARE PLASTIC INSERT CAP	1
104 ROUND RUBBER BUMPER	1
105 #8 SHEET METAL SCREW	1

- Assemble the LEG EXTENSION (9) into the brackets of the SEAT FRAME (4) and using a 5/16" X 2 3/4" HEX HEAD BOLT (51) bolt through the LEG EXTENSION BRACKET (8) and then through the LEG EXTENSION (9). Secure with a 5/16" NYLON LOCK NUT (61). Cap the top of the LEG EXTENSION (9) with a 1 3/4" SQUARE PLASTIC INSERT CAP (90).

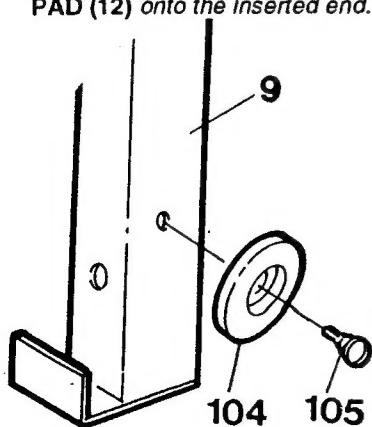
- Press 3/4" ROUND PLASTIC INSERT CAPS (89) into the ends of the 3/4" X 13 1/2" PAD BARS (10).

» NOTE: To each Pad Bar wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Pads. When the detergent dries, it acts as an adhesive.

- To each end of the 3/4" X 13 1/2" PAD BARS (10) press on one 3" X 5 3/4" FOAM PAD (12).



- Insert one PAD BAR (10) into the LEG EXTENSION BRACKET (8) and assemble another 3" X 5 3/4" FOAM PAD (12) onto the inserted end.



- Assemble the other PAD BAR (10) into a hole location on the lower section of the LEG EXTENSION (9).

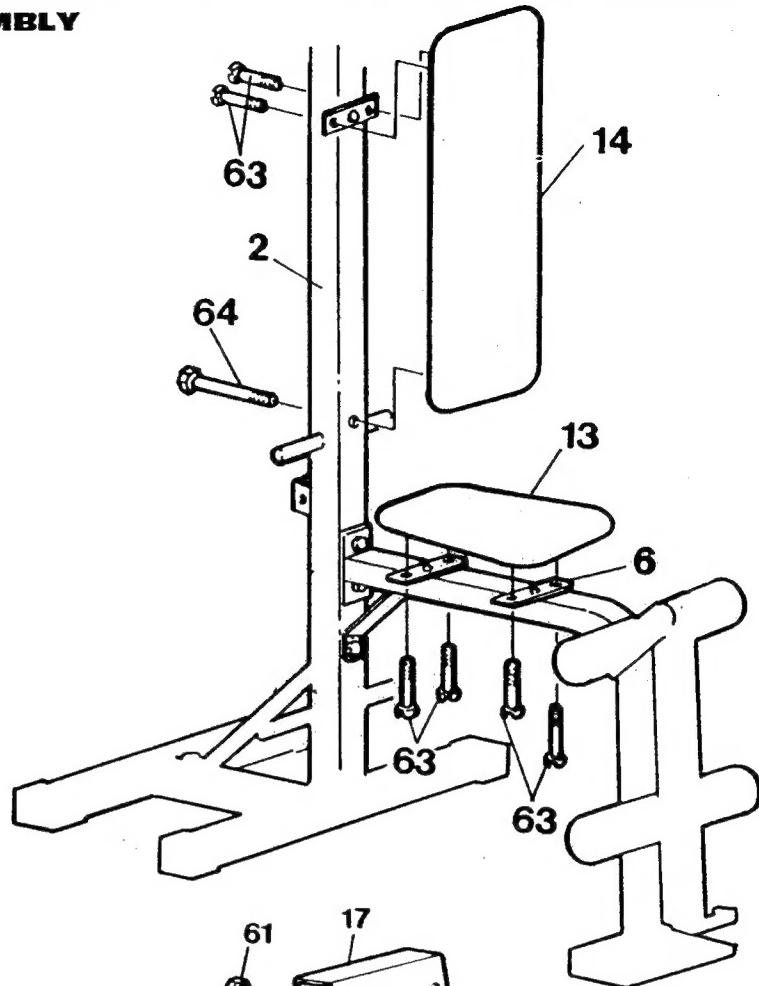
- Press another 3" X 5 3/4" FOAM PAD (12) onto the inserted tube end.

- To the back side of the LEG EXTENSION (9) assemble the ROUND RUBBER BUMPER (104) with a #8 SHEET METAL SCREW (105).

**STEP 6 SEAT & BACKREST ASSEMBLY**

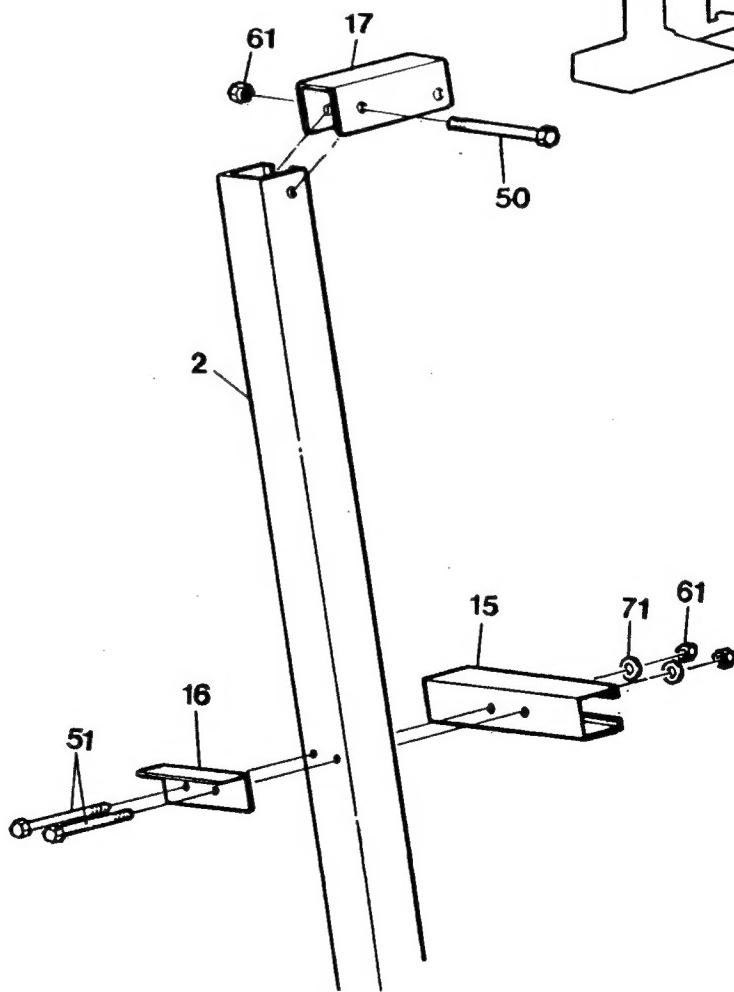
PART NAME	QTY
63 1/4" X 3/4" MACHINE SCREW	6
64 1/4" X 2 1/2" MACHINE SCREW	1

- Attach the SEAT (13) to the SEAT FRAME (4) by bolting with 1/4" X 3/4" MACHINE SCREWS (63) up through the MOUNTING PLATES (6) and into the SEAT (13).
- Attach the BACKREST (14) to the UPRIGHT (2) at the MOUNTING PLATE (6) by bolting with 1/4" X 3/4" MACHINE SCREWS (63) from the back of the Upright through the MOUNTING PLATE (6) and into the BACKREST (14).
- At the lower hole location, bolt the BACKREST (14) to the UPRIGHT (2) by bolting with a 1/4" X 2 1/2" MACHINE SCREW (64) through the back of the Upright and into the Backrest.

**STEP 7 BRACKET ASSEMBLIES**

PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	1
51 5/16" X 2 3/4" HEX HEAD BOLT	2
61 5/16" NYLON LOCK NUT	3

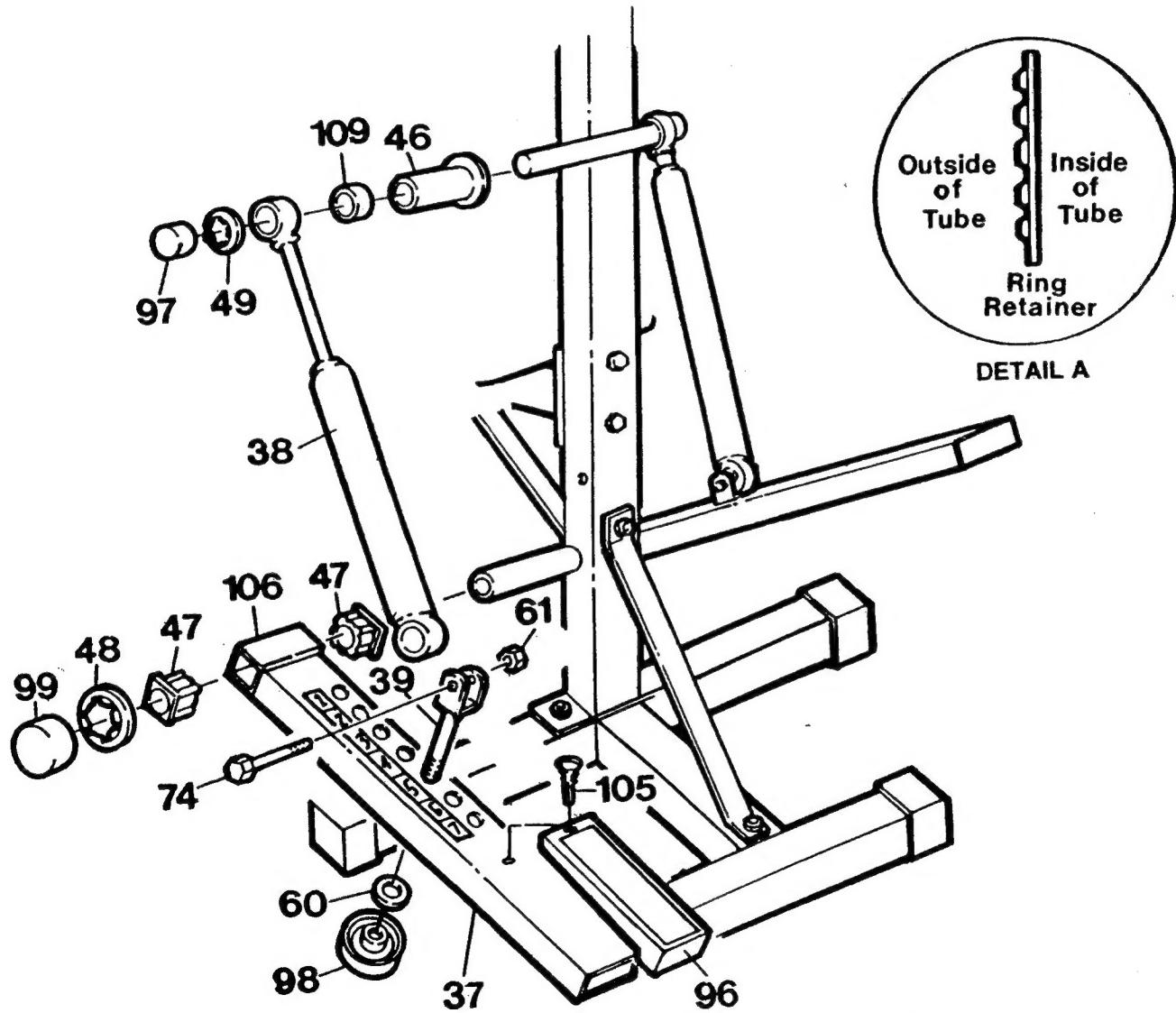
- Assemble the PEC-DECK BRACKET (15) and the FLEX BAND SUPPORT PLATE (16) to the UPRIGHT (2) by first assembling two 5/16" X 2 3/4" HEX HEAD BOLTS (51) into the SUPPORT PLATE (16).
- Attach the Support Plate onto the back of the Upright with the lip to the top.
- Assemble onto the bolt ends, the PEC-DECK BRACKET (15). The cut out sections of this bracket will face to the front of the Upright. Assemble two 3/8" FLAT WASHERS (71) onto the bolts and secure with 5/16" NYLON LOCK NUTS (61).
- Attach the UPRIGHT U-BRACKET (17) to the top of the UPRIGHT (2) by bolting with a 5/16" X 2 1/2" HEX HEAD BOLT (50) through the U-Bracket (through the hole that is centered in the bracket) and then through the Upright. Secure with a 5/16" NYLON LOCK NUT (61). CHECK ILLUSTRATION!



**STEP 8 STEPPER ASSEMBLY**

PART NAME	QTY
46 5/8" I.D. FLAIR END SPACER BUSHING	2
47 1 1/4" SQURE END BUSHING	4
48 1" RING RETAINER	2
49 5/8" RING RETAINER	2
60 5/16" FLAT WASHER	2
61 5/16" NYLON LOCK NUT	2
74 5/16" X 1 1/2" HEX HEAD BOLT	2
97 5/8" ROUND PLASTIC COVER CAP	2
98 TENSION KNOB	2
99 1" ROUND PLASTIC COVER CAP	2
105 #8 SHEET METAL SCREW	2
109 5/8" I.D. X 5/16" LONG BUSHING	2

- Press 1 1/4" SQUARE END BUSHINGS (47) into each STEPPER PEDAL (36) and (37).
- Double check to be certain the correct Pedals are on the proper sides of the Frame (resistance holes should be to the inside) and press the Pedals onto the Pivot Tube.
- Press on 1" RING RETAINERS (48) onto the Pivot Tube. The teeth must be placed so that they face the outside of the tube. Push the Ring Retainer all the way to the Pedal forcing it snugly against the SQUARE END BUSHING (47). (SEE DETAIL A)



- Cap the ends of the Pivot Tube with 1" ROUND PLASTIC COVER CAPS (99).
- Slide a 5/8" I.D. FLAIR END SPACER BUSHING (46) all the way onto the Support Tube and follow up with a 5/8" I.D. X 5/16" LONG BUSHING (109). Next, assemble the RESISTANCE CYLINDER (38) onto the Support Tube.

Press on 5/8" RING RETAINERS (49) making sure the teeth face the outside of the Support Tube and the Ring is seated firmly against the Resistance Cylinder.

Cap the ends of the Support Tube with 5/8" ROUND PLASTIC COVER CAPS (97).

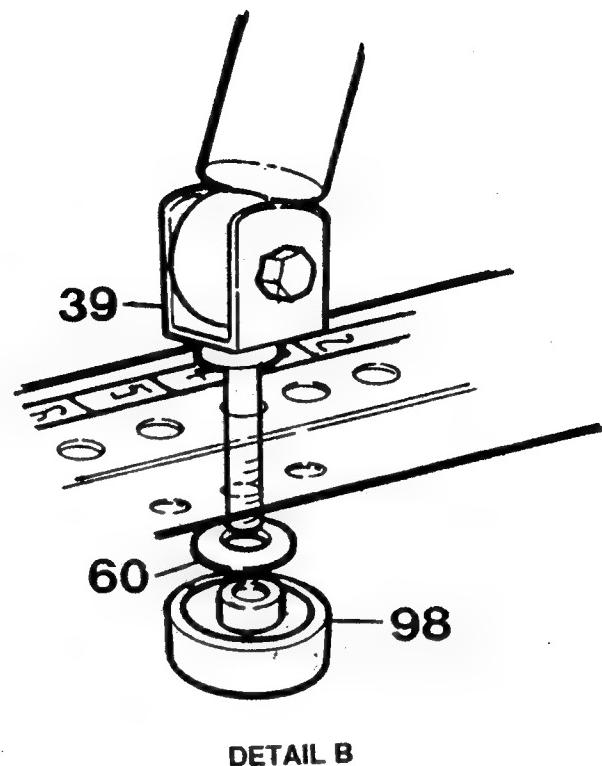
Place the CYLINDER MOUNTING BRACKETS (39) into one of the resistance setting holes and secure with a 5/16" FLAT WASHER (60) and a TENSION KNOB (98). (SEE DETAIL B)

Attach a RESISTANCE CYLINDER (38) to the CYLINDER MOUNTING BRACKET (39) with a 5/16" X 1 1/2" HEX HEAD BOLT (74) and a 5/16" NYLON LOCK NUT (61).

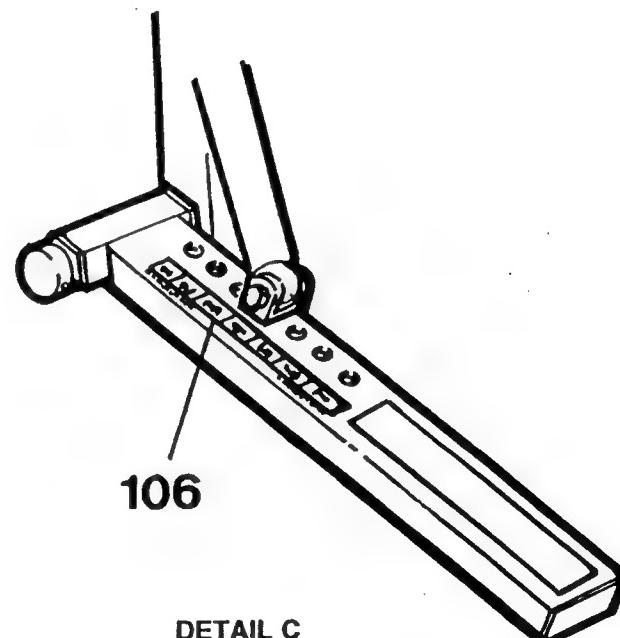
Remove STEPPER RESISTANCE SCALE DECALS (106) from backing and attach Decals to Pedals so they align with hole settings on the Pedals. Setting "1" should be to the front of the Pedal. (SEE DETAIL C)

Remove backing from adhesive strips on FOOT PADS (96) and attach to rear of Pedals. Secure each with #8 SHEET METAL SCREWS (105).

SETTING RESISTANCE: After Pedals are attached to the Resistance Cylinders, the resistance can be changed by unscrewing the TENSION KNOBS (98) from the Pedals and moving the RESISTANCE CYLINDER MOUNTING BRACKETS (39) to another hole and re-assembling the Knob.



DETAIL B

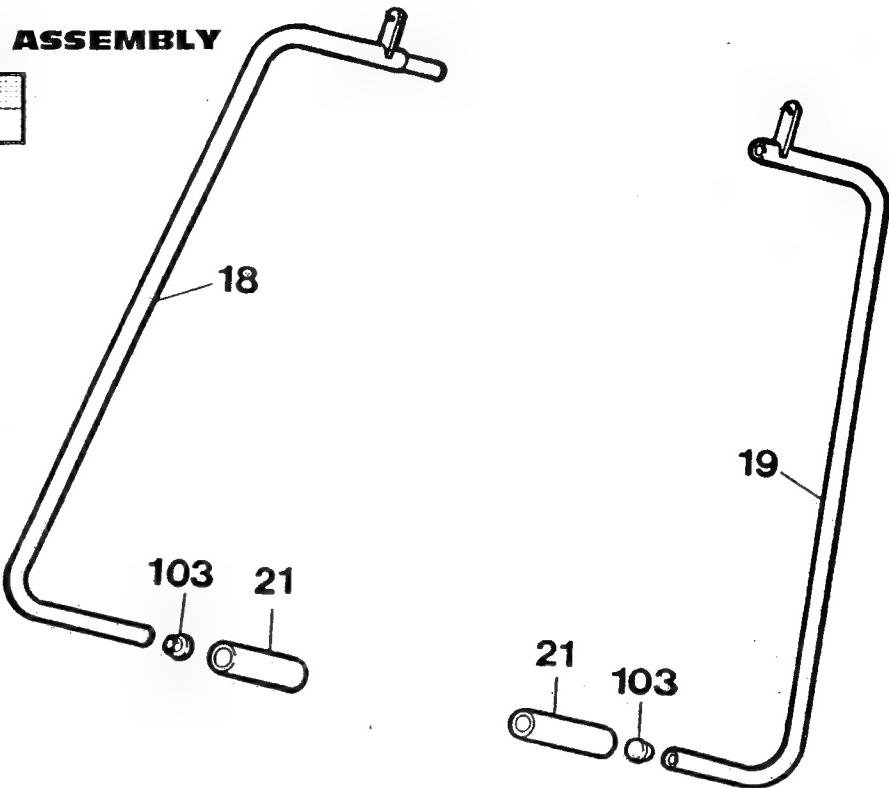


DETAIL C

**STEP 9 ARM PRESS ARM ASSEMBLY**

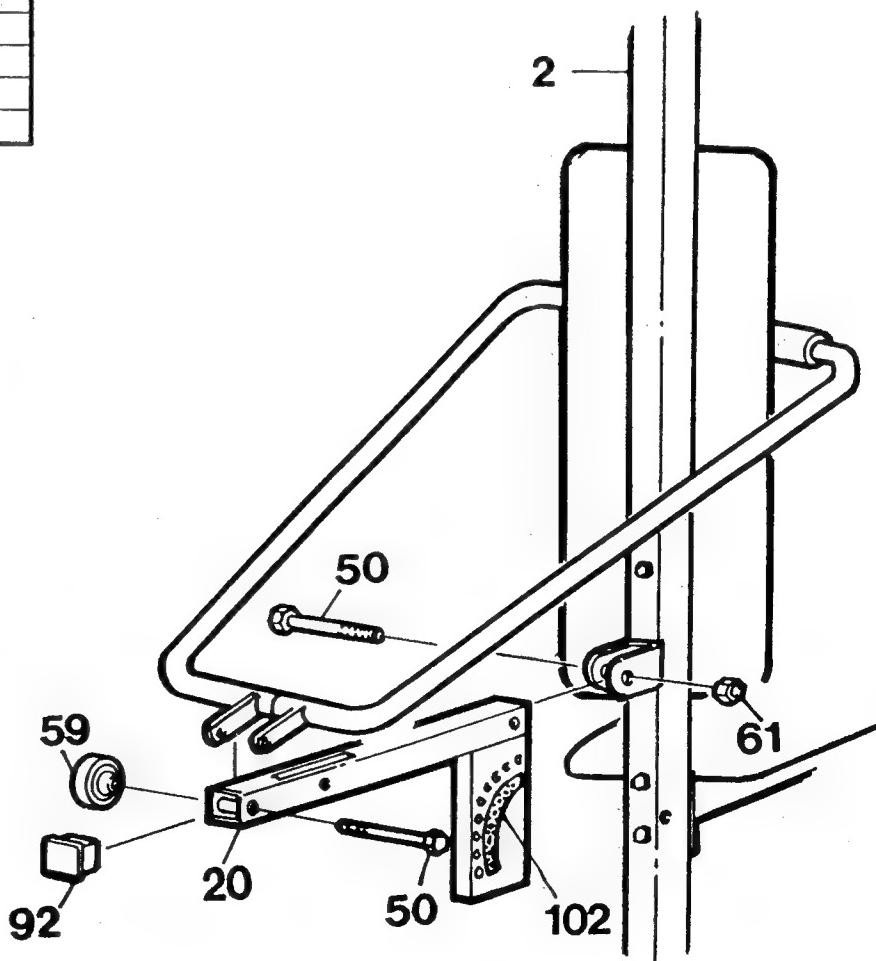
PART NAME	QTY
103 1 1/4" ROUND PLASTIC INSERT CAP	2

- To aid in assembling the 1 1/2" X 5" FOAM GRIPS (21) to the ARM PRESS ARMS (18) and (19), wipe a small amount of liquid dish detergent along the surface of the end of the Arm Press Arm tube. Slide the FOAM GRIPS (21) onto the Arm Press Arms until they are flush with the end of the Arm Press Arm.
- Cap the end of each ARM PRESS ARM (18) and (19) with 1 1/4" ROUND PLASTIC INSERT CAPS (103).
- Assemble the two Arm Press Arms together by inserting the tapered section of ARM PRESS ARM (18) into the end of ARM PRESS ARM (19).

**STEP 10 ATTACHING ARM PRESS ARMS & LEVER ARM**

PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	2
59 THREADED KNOB	1
61 5/16" NYLON LOCK NUT	1
92 1 1/2" SQUARE PLASTIC CAP	1

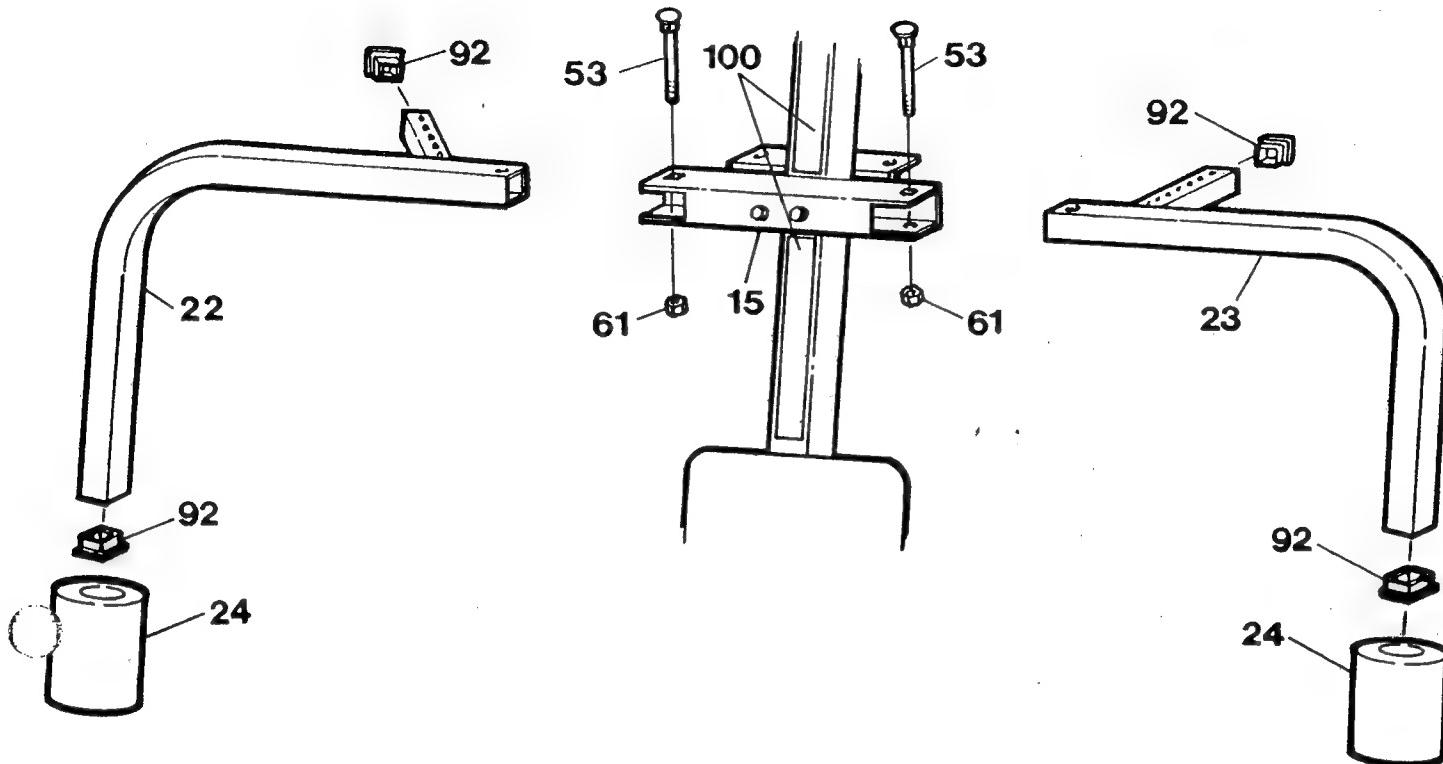
- Assemble the LEVER ARM (20) to the welded bracket on the back of the UPRIGHT (2) by bolting with a 5/16" X 2 1/2" HEX HEAD BOLT (50) through the welded bracket and then through the Lever Arm. Secure with a 5/16" NYLON LOCK NUT (61).
- Attach the assembled ARM PRESS ARMS (18) and (19) to the LEVER ARM (20) by placing the Lever Arm between the welded brackets on the Arm Press Arms. Bolt with a 5/16" X 2 1/2" HEX HEAD BOLT (50) through the bracket of the Arm Press Arm. Secure with a THREADED KNOB (59).
- Cap the end of the LEVER ARM (20) with a 1 1/2" SQUARE PLASTIC INSERT CAP (92).
- Apply the ARM PRESS RESISTANCE DECAL (102) next to the hole pattern on the LEVER ARM (20). The lowest resistance setting will be positioned next to the top hole.



**STEP 11 PEC-DECK ARM ASSEMBLY**

PART NAME	QTY
53 5/16" X 2 1/2" MACHINE SCREW	2
61 5/16" NYLON LOCK NUT	2
92 1 1/2" SQUARE PLASTIC INSERT CAP	4

- Cap the tubing ends of the PEC-DECK ARMS - RIGHT and LEFT (22) and (23) with 1 1/2" SQUARE PLASTIC INSERT CAPS (92).

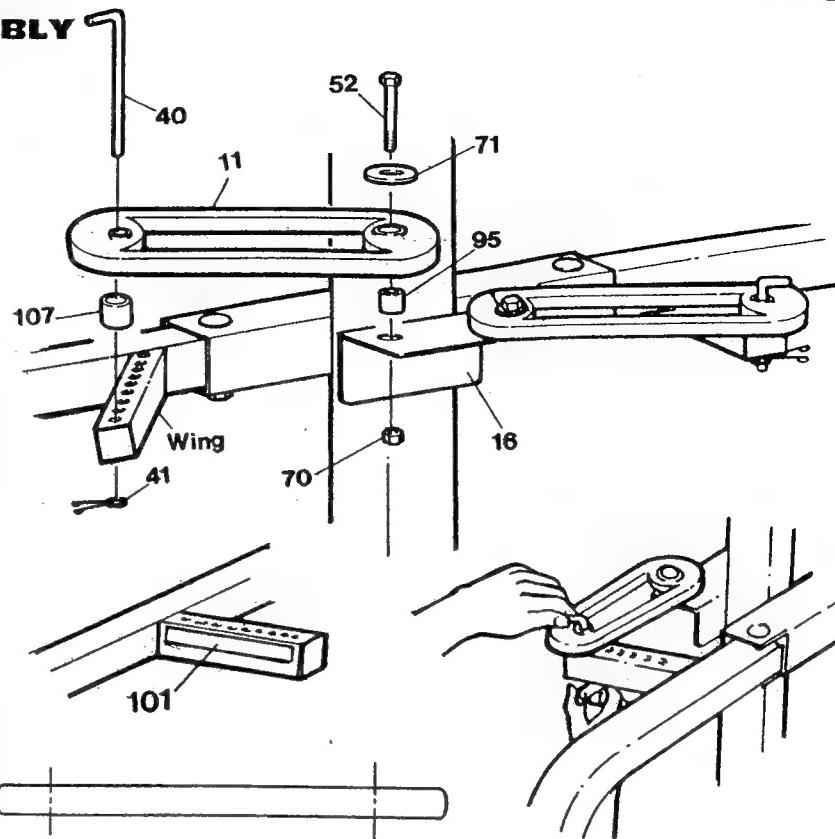


- Wipe a small amount of liquid dish detergent onto the lower section of the Pec-Deck Arms. Slide on 3 1/4" X 7" FOAM PADS (24). Position the Pads at the tubing end.
- Assemble the PEC-DECK ARMS (22) and (23) to the PEC-DECK BRACKET (15) on the front of the UPRIGHT (2) using a 5/16" X 2 1/2" MACHINE SCREW (53) to bolt down through the top of the Pec-Deck Bracket and then through the Arm Press Arm. Secure with 5/16" NYLON LOCK NUT (61).
- Split the FLEX EZ1 DECAL (100). Remove the Decal from the backing sheet and affix above and below the PEC-DECK BRACKET (15).

**STEP 12 FLEX BAND ASSEMBLY**

PART NAME	QTY
40 3/8" X 3 1/4" LONG LOCKING PIN	2
41 3/8" SPRING CLIP	3
52 3/8" X 1 3/4" HEX HEAD BOLT	2
70 3/8" NYLON LOCK NUT	3
71 3/8" FLAT WASHER	4
72 3/8" X 4 1/2" HEX HEAD BOLT	1
95 PLASTIC SPACER 7/8" O.D. X 1" LONG	4
107 3/8" I.D. X 5/8" METAL SPACER	2
30 3/8" X 4" LOCKING PIN	1

- To assemble the FLAT FLEX BANDS (11) to the Pec-Deck Arms, first check the Flex Bands and notice that one end has a large hole and the other end has a small hole.
- Place the 3/8" FLAT WASHER (71) onto the 3/8" X 1 3/4" HEX HEAD BOLT (52) and insert into the large hole of the Flat Flex Band.
- Add the PLASTIC SPACER - 7/8"O.D. X 1" (95) and insert assembly into the hole on the top of the lip of the PEC-DECK SUPPORT BRACKET (16) and secure with a 3/8" NYLON LOCK NUT (70).



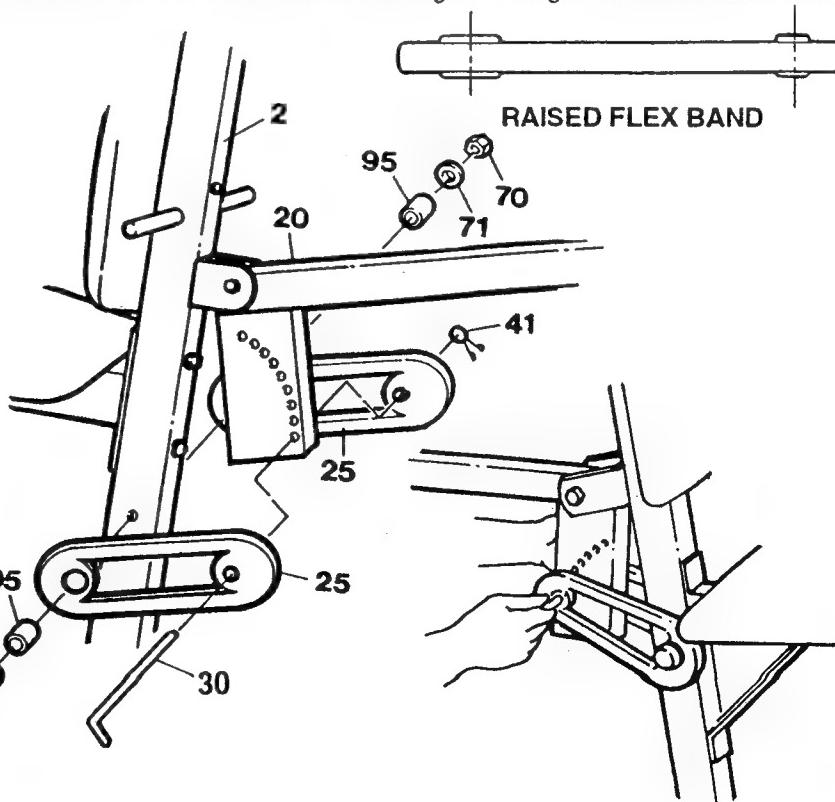
FLAT FLEX BAND

- Swing the end of the Flex Band with the small hole to the resistance hole on the wing of the Arm Press Arms and set into the desired setting with 3/8" X 3 1/4" LONG LOCKING PIN (40) and insert into the small hole of the Flex Band and then through a 3/8" I.D. X 5/8" METAL SPACER (107) and finally through the desired setting hole on the wing of the Pec-Deck Arm. Secure the Locking Pin with SPRING CLIP (41).

- Apply the PEC-DECK RESISTANCE SCALE DECALS (101) to the outside of the wings in line with the resistance holes on the Pec-Deck Arm. The lower setting is positioned closest to the Pec-Deck Arm and the higher setting is toward the back of the Pec-Deck Arm.

- The RAISED FLEX BANDS (25) are assembled to the LEVER ARM (20) in a similar manner as the Pec-Deck Assembly.

- Place a 3/8" FLAT WASHER (71) onto a 3/8" X 4 1/2" HEX HEAD BOLT (72). Add the PLASTIC SPACER (95) to the bolt and assemble into the large hole end of the Raised Flex Band.

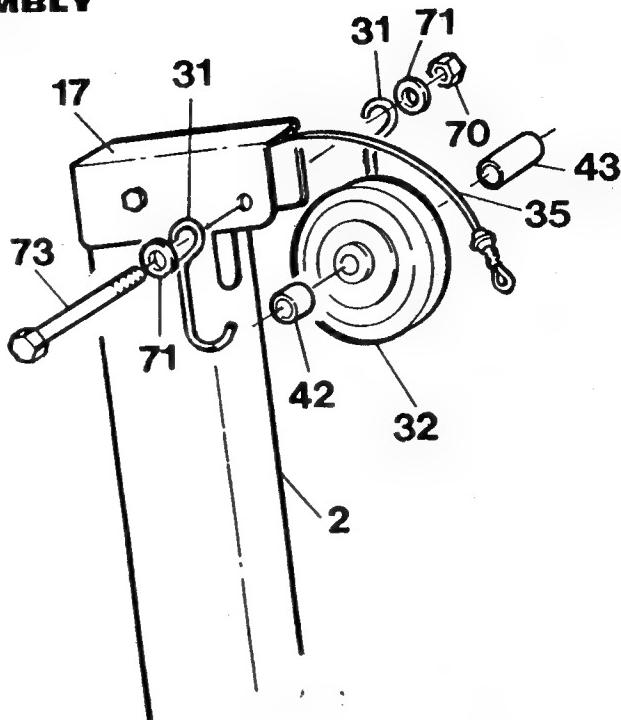


- Place this entire assembly into the bolt hole located below the Seat Frame Bracket and then add another Raised Flex Band, PLASTIC SPACER (95), 3/8" FLAT WASHER (71), and a 3/8" NYLON LOCK NUT (70) in that order.

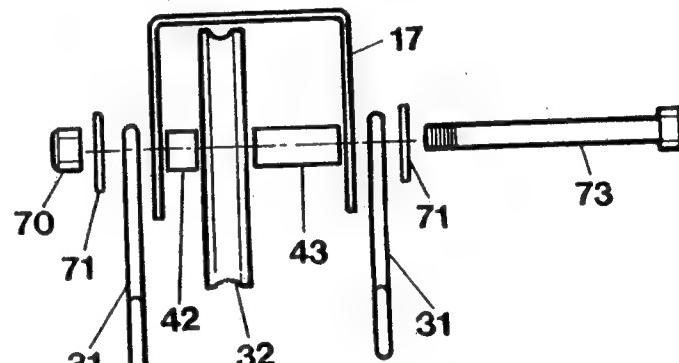
- Choose a desired setting in the Lever Arm resistance setting holes and pin both free ends of the Flex Bands into place with a 3/8" X 4" LOCKING PIN (30) and a 3/8" SPRING CLIP (41).

## COMPLETING THE CABLE ASSEMBLY

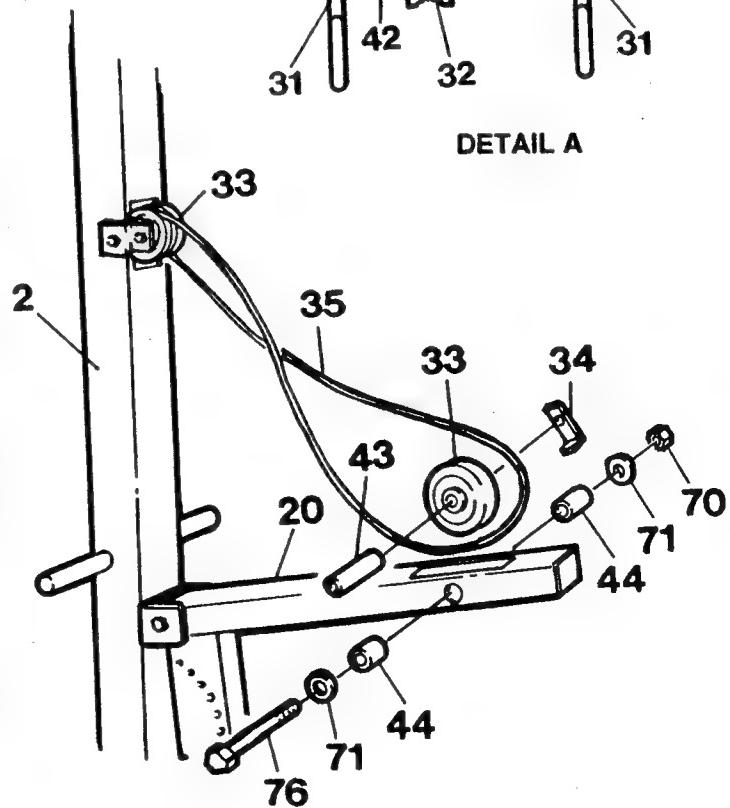
PART NAME	QTY
32 3 1/2" BEARING PULLEY	2
33 2 7/8" STANDARD PULLEY	3
42 3/8" X 1 1/4" LONG METAL SPACER	1
43 11/16" LONG BUSHING	4
44 3/8" LONG METAL SPACER	2
70 3/8" NYLON LOCK NUT	4
71 3/8" FLAT WASHER	6
73 3/8" X 3 1/4" HEX HEAD BOLT	2
75 3/8" X 2 1/2" HEX HEAD BOLT	1



- Go first to the top of the UPRIGHT (2) and assemble the CABLE (35) on top of a 3 1/2" BEARING PULLEY (32). Assemble a 3/8" FLAT WASHER (71) onto a 3/8" X 3 1/4" HEX HEAD BOLT (73). Assemble the Pulley and the LAT HOOKS (31) into the UPRIGHT U-BRACKET (17) by bolting with the assembled 3/8" X 3 1/4" HEX HEAD BOLT (73) through a LAT HOOK (31), then through the U-Bracket, a 11/16" LONG BUSHING (43), the Pulley, a 3/8" I.D. X 1 1/4" SPACER (42), the other side of the U-Bracket, and another Lat Hook. Assemble another 3/8" FLAT WASHER (71) onto the bolt end and secure with a 3/8" NYLON LOCK NUT (70). (SEE DETAIL A)



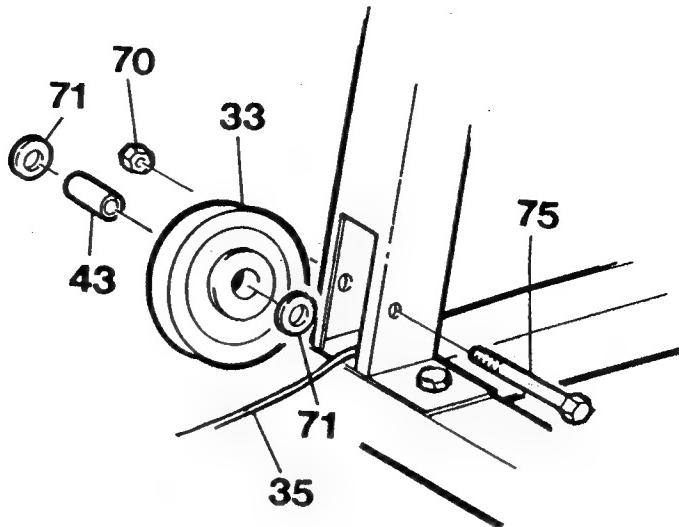
DETAIL A



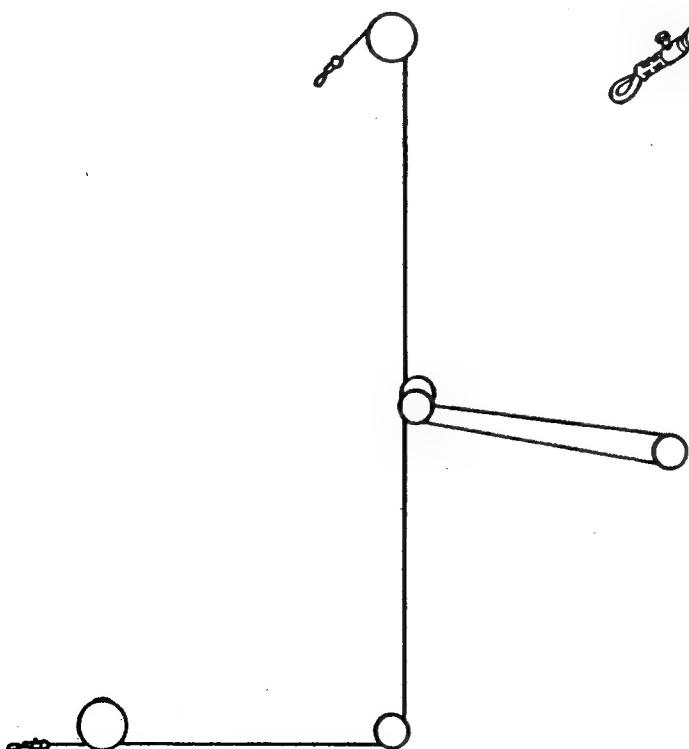
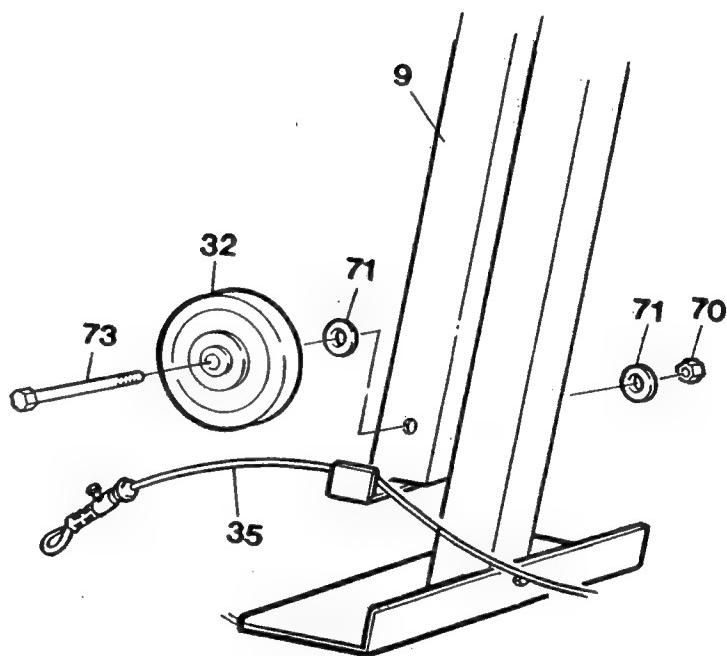
- Place a 2 7/8" STANDARD PULLEY (33) into the loop of the CABLE (35) and add the CABLE TRAP BRACKET (34) so that the "L-shaped" end is to the bottom of the Pulley. Insert the 11/16" LONG BUSHING (43) into the center of the Pulley. Place a 3/8" FLAT WASHER (71) onto the 3/8" X 2 1/4" HEAD BOLT (76) and then a 3/8" LONG METAL SPACER (44). Place the Pulley assembly into the opening and insert the bolt assembly through and add another 3/8" LONG METAL SPACER (44), and a 3/8" FLAT WASHER (71). Secure with a 3/8" NYLON LOCK NUT (70).

- Pull the slack from the CABLE (35) back to the back of the UPRIGHT (2) to the small 2 7/8" STANDARD PULLEY (33) on the left making sure it goes over the top of the Pulley.

- Go down to the base of the Upright and again pull the slack out of the CABLE (35) through the hole. Insert the 11/16" LONG BUSHING (43) into a 2 7/8" STANDARD PULLEY (33). Bolt the 2 7/8" STANDARD PULLEY (33) using a 3/8" X 2 1/2" HEX HEAD BOLT (75) into the lower hole in the Upright trapping the Cable underneath the Pulley. Insert the two 3/8" FLAT WASHERS (71) on each side of the 2 7/8" STANDARD PULLEY (33) as shown in the illustration. Secure with a 3/8" NYLON LOCK NUT (70).



- Bring the CABLE (35) to the front of the unit to the LEG EXTENSION (9) and again trap the Cable under a 3 1/2" BEARING PULLEY (32) and bolt into place using a 3/8" X 3 1/4" HEX HEAD BOLT (73) and a 3/8" FLAT WASHER (71). Secure with a 3/8" FLAT WASHER (71) and a 3/8" NYLON LOCK NUT (70).



ENTIRE CABLE ROUTING DRAWING

## MAINTENANCE TIPS

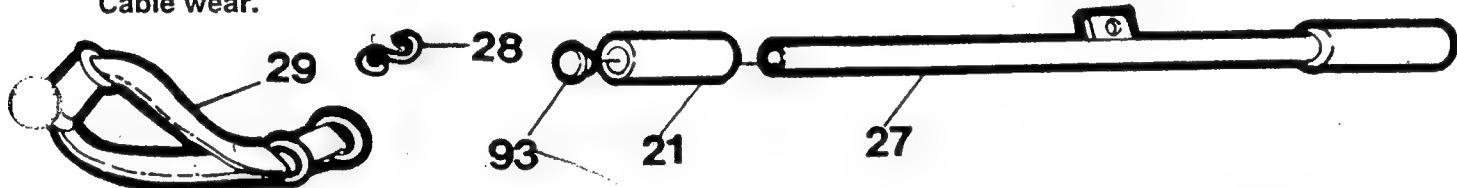
Keeping your EZ3 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and pulleys moving smoothly and to eliminate squeaks and excessive noise.
3. Check tension of linking cable to keep out excessive slack. (Tightness should be kept similar to a fan belt, about 1/2" of deflection from a straight line from pulley to pulley.)
4. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

**Note:** The braided steel Cable will stretch as it is used and becomes more limber. It is important that you periodically check for excess slack in the Cable so you can maintain the proper range of resistance.

As slack occurs pull the Cable tight from the front at the lower Leg Extension and re-position the Stopper Ball and adjusting Sleeve back tightly against the Leg Extension.

Keeping the Cable tight also helps keep the Cable properly seated in the Pulleys and reduces Cable wear.



### **THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM**

#### **LAT BAR:**

- To LONG LAT BAR (27) press 1" ROUND PLASTIC INSERT CAPS (93) into each end of Bar and assemble 1" X 5" FOAM GRIPS (21) to Bar with the aid of a small amount of liquid dish detergent.
- To use Lat Bar, connect to Cable at Top Mast Tube with FIREMAN'S LATCH HOOK (28). This Bar is used to do all Lat Pull-Down Exercises.

#### **LEG STRAP:**

- Slide attached Dumbbell Handle to one end of strap.
- Using FIREMAN'S LATCH HOOK (28) LEG STRAP (29) is connected to Base Pulley at front of the unit.
- This accessory is used for all Leg Exercises.

#### **DUMBBELL HANDLE:**

- Slide attached Dumbbell Handle to center of LEG STRAP (29) and connect Dumbbell Handle to Base Pulley to perform single Arm Curls, and Side Lateral Raises.

# EZ3 PART LIST

A

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	BASE FRAME	1	C3244-F34*F37
2	UPRIGHT	1	C3245-F34*F37
3	REAR BRACE	1	C6793-F34*F37
4	SEAT FRAME	1	C3246-F34*F37
5	BASE PLATE	1	C6794-F34*F37
6	MOUNTING PLATE	3	C6713-E03*F37
7	SEAT BRACE	1	C6795-F34*F37
8	LEG EXTENSION BRACKET	1	C6796-F34*F37
9	LEG EXTENSION	1	C3247-F34*F37
10	PAD BAR 3/4" X 13 1/2"	1	C6357-F03*F37
11	FLEX BAND - FLAT	2	C6255-E03*F37
12	FOAM PAD 3" X 5 3/4"	4	CO434-C07*F37
13	SEAT	1	C1387-F34*F37
14	BACKREST	1	C1388-F34*F37
15	PEC-DECK BRACKET	1	C6797-F34*F37
16	FLEX BAND SUPPORT BRACKET	1	C6798-F34*F37
17	UPRIGHT U-BRACKET	1	C6799-F34*F37
18	ARM PRESS ARM - TAPERED END	1	C6832-F34*F37
19	ARM PRESS ARM	1	C6833-F34*F37
20	LEVER ARM	1	C3248-F34*F37
21	FOAM GRIP 1" X 5"	4	C0432-C06*F37
22	PEC-DECK ARM - RIGHT	1	C3249-F34*F37
23	PEC-DECK ARM - LEFT	1	C3250-F34*F37
24	FOAM PADS - 3 1/4" X 7"	2	C0443-E02*F37
25	FLEX BAND - RAISED	2	C6270-F31*F37
26	CRIMPED BRACKET	2	C6800-F34*F37
27	LAT BAR	1	C6803-D35*F37
28	FIREMAN'S LATCH HOOK	1	WW-7042*F37
29	LEG STRAP W/DUMBBELL HANDLE	1	EE-0075*F37
30	3/8" x 4" LOCKING PIN	1	C6602-D23*F37
31	LAT HOOK	2	WW-7069*F37
32	BEARING PULLEY - 3 1/2"	2	AA-8214*F37
33	STANDARD PULLEY - 2 7/8"	4	AA-8215*F37
34	CABLE TRAP BRACKET	1	C6735-E31*F37
35	CABLE	1	C6641-F34*F37
36	STEPPER PEDAL - RIGHT	1	C3138-E28*F37
37	STEPPER PEDAL - LEFT	1	C3139-E28*F37
38	RESISTANCE CYLINDER	2	ZZ-0004*F37
39	CYLINDER MOUNTING BRACKET	2	C6742-E28*F37
40	3/8" X 3 1/4" LOCKING PIN	2	WW-7062*F37
41	3/8" SPRING CLIP	3	WW-7043*F37
42	1/4" LONG METAL SPACER	1	HH-5466*F37
43	11/16" LONG BUSHING	5	HH-5384*F37
44	3/8" LONG METAL SPACER	2	HH-5455*F37
46	5/8" I.D. FLAIR END SPACER	2	AA-8148*F37
47	1 1/4" SQUARE END BUSHING	4	AA-8137*F37

# EZ3 PART LIST

B

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
48	1" RING RETAINER	2	HH-5423*F37
49	5/8" RING RETAINER	2	HH-5422*F37
50	5/16" X 2 1/2" HEX HEAD BOLT	7	HH-5053*F37
51	5/16" X 2 3/4" HEX HEAD BOLT	8	HH-5058*F37
52	3/8" x 1 3/4" HEX HEAD BOLT	2	HH-5301*F37
53	5/16" X 2 1/2" MACHINE SCREW	2	HH-5397*F37
59	THREADED KNOB 5/16" FERRULE	1	HH-5400*F37
60	5/16" FLAT WASHER	6	HH-5127*F37
61	5/16" NYLON LOCK NUT	18	HH-5012*F37
62	1/4" X 2 1/2" CARRIAGE BOLT	3	HH-5333*F37
63	1/4" X 3/4" MACHINE SCREW	6	HH-5022*F37
64	1/4" X 2 1/2" MACHINE SCREW	1	HH-5044*F37
69	1/4" NYLON LOCK NUT	3	HH-5011*F37
70	3/8" NYLON LOCK NUT	8	HH-5088*F37
71	3/8" FLAT WASHER	14	HH-5265*F37
72	3/8" X 4 1/2" HEX HEAD BOLT	1	HH-5363*F37
73	3/8" X 3 1/4" HEX HEAD BOLT	2	HH-5063*F37
75	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*F37
76	3/8" X 2 1/4" HEX HEAD BOLT	2	HH-5061*F37
77	5/16" X 1" HEX HEAD BOLT	2	HH-5332*F37
89	3/4" ROUND PLASTIC INSERT CAP	4	AA-8012*F37
90	1 3/4 " SQUARE PLASTIC INSERT CAP	1	AA-8002*F37
91	2" SQUARE PLASTIC COVER CAP	4	AA-8015*F37
92	1 1/2" SQUARE PLASTIC INSERT CAP	5	AA-8001*F37
93	1" ROUND PLASTIC INSERT CAP	2	AA-8005*F37
95	PLASTIC SPACER 7/8" O.D. X 1" LONG	4	AA-8136*F37
96	FOOT PAD	2	AA-8209*F37
97	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F37
98	TENSION KNOB	2	HH-5400*F37
99	1" ROUND PLASTIC COVER CAP	2	HH-5348*F37
100	FLEX EZ1 DECAL	1 SET	DE-4256*F37
101	PEC-DECK RESISTANCE SCALE DECAL	2	DE-4256*F37
102	ARM PRESS ARM RESISTANCE SCALE DECAL	2	DE-4256*F37
103	1 1/4" ROUND PLASTIC INSERT CAP	2	AA-8014*F37
104	LEG EXTENSION ROUND RUBBER BUMPER	1	AA-8145*F37
105	#8 METAL SCREW	3	HH-5449*F37
106	STEPPER RESISTANCEY SCALE DECAL	2	DE-4256*F37
107	3/8" I.D. X 5/8" METAL SPACER	2	HH-5468*F37
108	STEPPER PEDAL PIVOT TUBE	1	C6382-F23*F37
109	5/8" I.D. X 5/16" LONG PLASTIC BUSHING	2	AA-8217*F37
	ASSEMBLY MANUAL	1	NN-1196*F37
	TRAINING MANUAL	1	NN-1197*F37
	HARDWARE BAG (BOLTS & NUTS)	1	C5985-F37*F37
	HARDWARE BAG (PLASTICS)	1	C5986-F37*F37
	HARDWARE BAG (PULLEYS)	1	C5987-F37*F37

## **EXERCISE FREQUENCY**

18

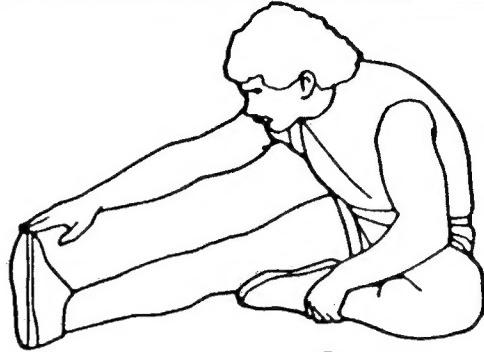
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

## **SUGGESTED STRETCHES**

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

### **HAM STRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



### **Stretches: Hamstrings, Lower Back and Groin**

### **INNER THIGH STRETCH**

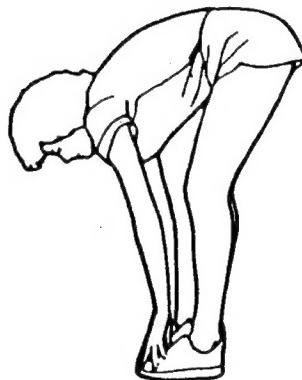
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



### **Stretches: Quadriceps, Hip Muscles**

### **TOE TOUCHES**

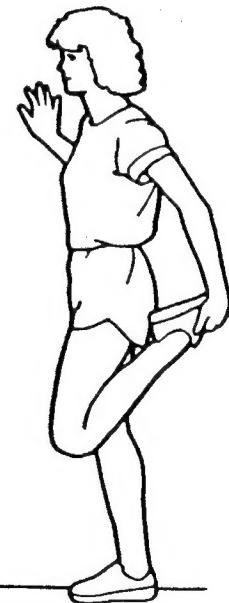
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



### **Stretches: Hamstrings, Back of Knees, Back**

### **QUADRICEPS STRETCH**

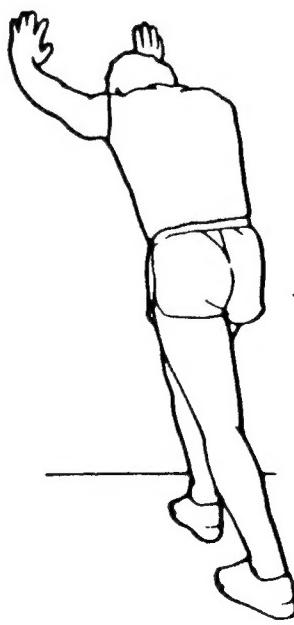
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



### **Stretches: Quadriceps, Hip Muscles**

### **CALF/ACHILLES STRETCH**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



### **Stretches: Calves, Achilles Tendons, and Ankles**

# CONDITIONING GUIDELINES

19

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## EXERCISE INTENSITY

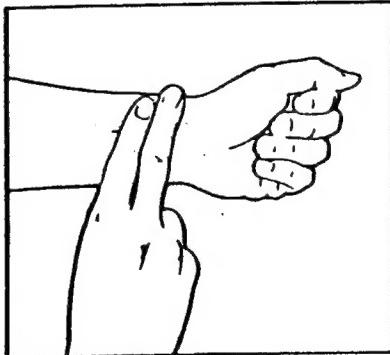
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

## ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

**1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.**

**2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.**

**3. Before ordering parts by phone have ready the following information to expedite your order:**

- a. Name of the product (FLEX EZ3 HOME GYM)
- b. Model number of product (EZ3)
- c. Serial number of the product located on a decal on the frame

(See drawing on front cover for the location of this decal.)

- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Health & Fitness

Parts Service Department

900 West St. John Street

Olney, Illinois 62450

## LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

### LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

### CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service    Weider Health & Fitness    900 West St. John Street    Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

### PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.